

## Photo Album



**The name for the Sunflowers Garden came first; then the name inspired us to produce our own sunflowers. (Photo by Mark Hare)**



**Jenny, Elena (a student from Peru) and Estrella, harvesting amaranth seeds in the Sunflowers Garden this past January—our first workday of 2023. (Photo by Karla Koll)**



**Kattia and Carolina, from the Cedros community, build their first compost pile this past January, during the first workday of 2023. (Photo by Karla Koll)**



**University students and Cedros gardeners in Sunflowers Garden, at the end of the first garden workday this past January. (Photo by Karla Koll)**



**Amanda from the community of Cedros, watering the community garden in March. (Photo by Mark Hare)**



**Carolina, from the Cedros community, helping to plan activities for the garden. (Photo by Mark Hare)**



**Federica, an international student at the UBL in 2022 and 2023, integrated herself into the Friday gardening crew. Here she is mixing up an enriched mulch with compost and vermicompost to spread around the vegetables of Rocoto garden. (Photo by Mark Hare)**



**In Rocoto Garden, we never have to plant dill. We just let it go to seed and then make space for it when it sprouts. Besides always having dill available to cook with, we've discovered that it also attracts ladybugs who then lay their eggs among the rest of the plants, which hatch into larvae that eat the aphids. By "growing" dill, we've reduced our aphid problem. (Photo by Mark Hare)**





**This past February, we had a good crop of cabbages. They weren't pest free, but they were delicious. Regenerative agriculture focuses on the health of the soil. When we bring more life to the soil, we make our plants healthier and also more nutritious. (Photo by Mark Hare)**



**A beautiful handful of vermicompost—compost processed by an Asian species of composting earthworms. The earthworms concentrate beneficial organisms that not only nourish our plants but also boost their immune systems so that they can resist attacks from diseases and insects. (Photo by Mark Hare)**



**Rocoto Garden with students from the University of Costa Rica. University students in Costa Rica are required to provide volunteer services to community-based programs. These students chose to participate in an urban organic agriculture program. That program has been sending volunteers to work with us since August 2021. (Photo by Mark Hare)**



**University student helping to weigh lettuce that we grew in a vertical gardening system. In addition to just production, we're using the vertical gardens to test the effects of different types of organic treatments. (Photo by Alex Calderón)**



**University students helped put together four workshops this year for participants from Cedros and other nearby neighborhoods. (Photo by Mark Hare)**



**International volunteer, Chrys Meador, watering Rocoto Garden in March. Chrys was a bit surprised that I drew her into helping us organize a medicinal plants workshop for Saturday, April 15th. She helped Santiago teach participants how to make basil butter from coconut oil. Santiago is one of the university volunteers. (Photo by Annika Hare)**



**The group photo from the medicinal plant workshop on April 15th. Medicinal plants is a popular topic here. (Photo by Keila Hare)**



**Three participants in a medicinal plants workshop on April 15th work together to investigate lemongrass, one of close to thirty medicinal plants and culinary herbs that we produce. (Photo by Keila Hare)**





**Mark (far left) in the medicinal plant workshop, working with a group of about six participants to make two remedies from four or five of the plants growing in Sunflowers Garden. One remedy was for congestion and a second was for headaches. (Photo by Keila Hare)**



**Jenny is leading the section on making a face cream with aloe vera, beeswax and other simple ingredients. (Photo by Keila Hare)**



**Abundant life. Moss and other species on the trunk of a native oak tree in the montane tropical forest on Barva Volcano in north-central Costa Rica. (Photo by Mark Hare)**



**Keila and Jenny in a bamboo forest at Lankester Botanical Garden in Cartago, Costa Rica. (Photo by Mark Hare)**



**Keila and our friend Chrys, hiking in the Barva Volcano tropical montane (mountain) forest. (Photo by Mark Hare)**



**Annika, Jenny, Keila and our friend Chrys, visiting Lankester Botanical Garden in Cartago, Costa Rica during Easter week. (Photo by Mark Hare)**



**One of several dozen spectacular species of orchids at the Lankester Botanical Garden in Cartago, Costa Rica. (Photo by Mark Hare)**